



Free version: Low quality pictures

whogrowsthegrass.com

Contents

1	2016	9
1.1	December	9
	As If By Magic (2016-12-27 08:52)	9
	Not One Step (2016-12-28 06:13)	10
	The Milky Way (2016-12-28 06:56)	12
	All Taken Care Of (2016-12-29 08:30)	14
	The Robin (2016-12-30 05:53)	15
	Precious (2016-12-31 13:52)	17
2	2017	19
2.1	January	19
	Find (2017-01-01 09:13)	19
	Divine (2017-01-02 11:24)	21
	Going On (2017-01-02 11:44)	22
	Winding Path (2017-01-03 13:33)	23
	Searching For Reality (2017-01-04 06:08)	24
	A Walk On The Beach (2017-01-05 06:09)	26
	Only Fools And Horses (2017-01-05 06:21)	29
	Who Am I? (2017-01-05 06:32)	30
	Throw Them Out (2017-01-05 07:19)	31
	The Treasure (2017-01-06 07:07)	32
	Broken Puppet (2017-01-06 08:39)	34
	Sky Above (2017-01-06 09:27)	35
	Little Boat (2017-01-07 07:25)	36
	Dark Clouds (2017-01-08 09:34)	37
	All That Is (2017-01-08 09:48)	39
	One Thousand Stars (2017-01-09 10:16)	41
	Life Happens (2017-01-10 06:44)	42
	This Song (2017-01-10 07:06)	43
	Belong (2017-01-11 12:50)	45
	Five Minutes (2017-01-12 15:10)	46
	Force Majeure (2017-01-13 09:35)	47
	That Feeling (2017-01-14 17:44)	48
	Grain Of Sand (2017-01-15 10:11)	50
	Ultimate Intelligence (2017-01-16 09:17)	51
	The Enemy (2017-01-17 10:37)	53
	Effortlessly (2017-01-18 14:49)	54
	Greatness (2017-01-19 05:56)	55
	Rest (2017-01-21 14:56)	57

	Tears And Laughter (2017-01-23 07:44)	58
	Blackbird (2017-01-24 06:52)	60
	Life Is Just Happening (2017-01-26 12:19)	61
	The Womb (2017-01-28 16:22)	63
	This Story (2017-01-30 09:40)	64
2.2	February	65
	Taking Responsibility (2017-02-01 11:57)	65
	Man-made (2017-02-03 16:06)	67
	Saying Nothing (2017-02-05 11:27)	68
	Created New (2017-02-06 11:51)	69
	Flowers Open (2017-02-08 08:27)	70
	Nothing Left (2017-02-10 16:40)	71
	Life Is One (2017-02-11 22:47)	73
	Life Plays Out (2017-02-16 18:42)	74
	The Process (2017-02-20 05:35)	75
	One (2017-02-22 17:09)	77
	One Hundred Billion (2017-02-22 17:32)	78
	Nobody Here (2017-02-23 10:21)	79
	Never The Same Again (2017-02-24 16:06)	80
	Life Is Simple (2017-02-28 16:54)	81
2.3	March	83
	Nothing About You (2017-03-03 19:36)	83
	You Are Perfect (2017-03-03 19:43)	84
	Life Functioning (2017-03-05 11:50)	85
	This Human Body (2017-03-13 10:04)	86
	Life Is It (2017-03-22 08:19)	88
	Daisies (2017-03-23 10:30)	89
	Being Enlightened (2017-03-28 09:16)	90
2.4	April	92
	One Miracle (2017-04-12 09:11)	92
	Intelligence (2017-04-19 09:34)	93
	Divine Force (2017-04-26 08:50)	95
	Freedom (2017-04-30 05:15)	96
	Face Of God (2017-04-30 05:29)	98
2.5	May	99
	Nothing To Become (2017-05-02 05:41)	99
	The Dirty Mirror (2017-05-02 05:58)	100
	In A Sip Of Coffee (2017-05-02 06:10)	101
	A Movement Of Nature (2017-05-05 06:15)	103
	Who Done It? (2017-05-05 13:07)	104
	It's Impossible (2017-05-08 07:07)	106
	Delicate Power (2017-05-08 07:16)	107
	Doing Its Thing (2017-05-10 04:37)	108
	Oneness (2017-05-10 04:39)	109
	Tat Tvam Asi (2017-05-10 05:03)	110
	Identification (2017-05-11 07:18)	112
	For Just A Heartbeat (2017-05-12 07:12)	114
	You Are That (2017-05-12 08:17)	117
	Unconditional (2017-05-15 05:20)	119
	Being Divine (2017-05-15 06:30)	120

	Dawn Chorus (2017-05-16 05:26)	121
	Merging (2017-05-17 05:59)	123
	The Great Expression (2017-05-17 06:11)	124
	Simple Undeniable Facts (2017-05-17 06:56)	125
	Whatever The Weather (2017-05-24 05:40)	127
	In The Light Of The Moon (2017-05-24 06:03)	128
	Electrochemistry (2017-05-24 07:15)	130
	Hitler (2017-05-24 07:28)	131
	Rainbow (2017-05-25 06:02)	132
	Dust (2017-05-25 06:36)	133
	The Enlightened Seahorse (2017-05-25 07:09)	135
	Forest (2017-05-27 05:15)	137
	Beat Up Old Guitar (2017-05-27 05:23)	139
	Master And Student (2017-05-28 05:52)	140
	Pounding Heart (2017-05-28 06:02)	142
	Symphony (2017-05-29 06:07)	143
	The Ever Changing (2017-05-30 06:07)	145
	Too Simple? (2017-05-31 04:51)	148
2.6	June	149
	Levels (2017-06-01 04:48)	149
	Stars (2017-06-02 05:49)	150
	See (2017-06-03 15:05)	151
	Searching For Home (2017-06-04 09:58)	153
	Nowhere To Get (2017-06-04 10:17)	154
	Tears In The Rain (2017-06-05 05:31)	155
	All Aboard The Wonkatania (2017-06-06 05:31)	157
	Embraced (2017-06-07 05:18)	159
	It's Brahman (2017-06-09 07:29)	160
	Waves And Ocean (2017-06-15 09:51)	162
	Let's Dance (2017-06-16 05:14)	164
	God's Name (2017-06-18 16:20)	165
	Stay In Bed (2017-06-19 05:53)	167
	You Are (2017-06-19 06:22)	169
	What Is (2017-06-20 08:33)	170
	Quiet Mind (2017-06-20 08:48)	171
	Summer Sun (2017-06-21 06:58)	173
	The Stream (2017-06-21 07:33)	174
	Did Anyone Ever? (2017-06-22 04:43)	176
	The Edge (2017-06-27 04:51)	177
	The Desert Of Infinity (2017-06-28 06:54)	178
	Water And Fire (2017-06-29 07:12)	179
	Everything (2017-06-29 07:26)	181
	Divine Alchemy (2017-06-30 06:42)	182
	What Choice? (2017-06-30 07:24)	184
2.7	July	185
	This Infinite (2017-07-10 05:40)	185
	My Religion (2017-07-16 07:53)	187
	Brahman Alone (2017-07-16 08:35)	189
	Brahman Is This Body (2017-07-16 08:43)	190
	Notions In The Ocean (2017-07-20 05:55)	191

	Breath Of The Clouds (2017-07-25 06:08)	192
	Satchitananda (2017-07-25 06:28)	194
	Divine Entertainment (2017-07-25 06:47)	196
	The Kingdom Of God (2017-07-26 05:44)	197
	See It Now (2017-07-26 06:00)	199
	A Spoon Of Ice Cream (2017-07-27 06:21)	201
	Dance Of The Universe (2017-07-28 06:04)	203
	Rain Or Shine (2017-07-30 15:59)	205
	The Entirety (2017-07-31 06:11)	207
	Darkest Shadows (2017-07-31 06:24)	208
2.8	August	210
	Perfect Presence (2017-08-01 05:26)	210
	Got Milk? (2017-08-08 12:24)	211
	This Is Home (2017-08-09 07:12)	213
	Mist (2017-08-10 05:44)	214
	The Self (2017-08-11 05:55)	216
	Life's Song (2017-08-14 05:40)	219
	Body, Consciousness, World (2017-08-15 05:30)	221
	The Flow Of Life (2017-08-17 13:30)	223
	Flames (2017-08-17 13:34)	225
	The Totality Of Life (2017-08-18 15:06)	227
	Sky (2017-08-19 13:04)	228
	Everything Happens (2017-08-21 10:29)	230
	Differences (2017-08-21 10:31)	231
	No Matter How Deep (2017-08-21 10:42)	233
	And It Happens (2017-08-25 05:08)	235
	The Totality (2017-08-26 10:53)	237
	Blooming Beauty (2017-08-31 06:24)	239
2.9	September	241
	Forever (2017-09-01 06:00)	241
	Wholeness (2017-09-01 06:54)	242
	Cloud And Ocean (2017-09-06 05:26)	243
	Net Of Jewels (2017-09-12 05:38)	247
	Everything Speaks (2017-09-15 05:05)	248
	Seamless Happening (2017-09-18 05:24)	249
	Natural Expression (2017-09-19 10:52)	251
	We Are That (2017-09-21 05:50)	252
	Dandelion Seeds (2017-09-22 15:24)	254
	Always Shining (2017-09-23 07:48)	255
	Life Force (2017-09-25 06:14)	257
	Mountain Stream (2017-09-28 05:38)	259
2.10	October	260
	Nothing But The Ocean (2017-10-03 05:43)	260
	There Is Nobody (2017-10-04 04:49)	262
	Eyelash (2017-10-10 06:21)	263
	Flowers By The Stream (2017-10-30 15:40)	265
2.11	November	266
	It's Strange (2017-11-01 06:05)	266
	Winter Draws In (2017-11-10 15:52)	268
	No Place To Get To (2017-11-11 08:57)	269

Undivided Existence (2017-11-14 13:42)	271
Truth Right Here (2017-11-16 05:02)	272
2.12 December	273
Full Of Everything (2017-12-01 15:59)	273
Already It (2017-12-14 05:36)	274
Snowflake and Flame (2017-12-14 05:54)	275
This is Love (2017-12-19 10:37)	277

1. 2016

1.1 December

As If By Magic (2016-12-27 08:52)



As if by magic.

Everything happens.

Not One Step (2016-12-28 06:13)



Not one heartbeat.

Not one blink of an eye.

Not one breath.

Not one step.

Away.

From This.

Just This.

All This.

Exactly as it is.

Right now.

The Milky Way (2016-12-28 06:56)



You know the Milky Way?

It's just here.

Isn't it?

Arranged the way it's arranged.

Appearing the way it's appearing.

Functioning the way it's functioning.

With nobody doing any of it.

Right?

And you know what.

That's just like your brain.

Isn't it?

And they're not separate.

Are they?

.....

Milky Way happening.

Brain happening.

THIS happening.

All Taken Care Of (2016-12-29 08:30)



The next thought.

The next impulse or urge.

Takes care of itself.

The Robin (2016-12-30 05:53)



I asked the Robin.

What he was doing.

To be what he was.

He just looked at me.

Carefully.

With a glint in his eye.

Cocked his head to one side.

And flew away.

Precious (2016-12-31 13:52)



You are.

An expression.

Of Life itself.

Unique.

Precious.

Just as you are.

Already.

Right now.

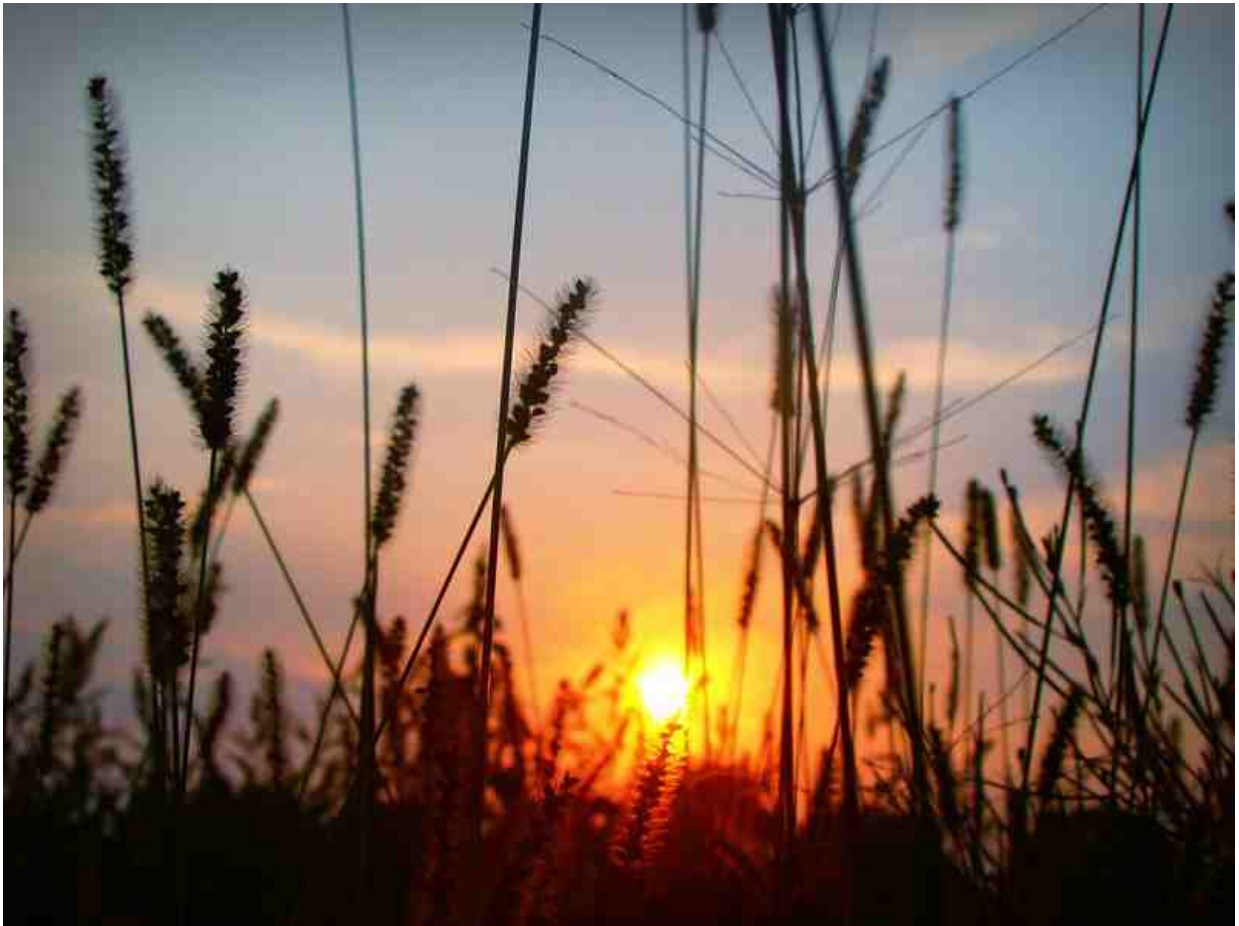
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Happy New Year!

2. 2017

2.1 January

Find (2017-01-01 09:13)



Find your feelings.

In a ray of sunlight.

Find your thoughts.

In the wind.

Find the movement of your life.

In the movement of the clouds.

Divine (2017-01-02 11:24)



As divine as.

Toothache.

Going On (2017-01-02 11:44)



There's all This going on.

And nobody doing anything.

Winding Path (2017-01-03 13:33)



Winding path.

Where does it lead?

Could it be.

Anywhere but Here?

Searching For Reality (2017-01-04 06:08)



Reality.

Doesn't need to be searched for.

It's right Here.

Right Now.

Being Everything.

.....

Sarvam Khalvidam Brahma

A Walk On The Beach (2017-01-05 06:09)



Walking.

Happening, happening, happening.

Soft, warm sand between the toes.

Happening, happening, happening.

Bright sun, cool breeze, sound of waves.

Happening, happening, happening.

Dry mouth and thoughts of a cold drink.

Happening, happening, happening.

Breath coming and going, heart beating.

Happening, happening, happening.

Sweat on the skin, a gentle ache in the legs.

Happening, happening, happening.

Broken glass, hidden in the sand.

Happening, happening, happening.

Pain.

Happening, happening, happening.

A gash in the foot, blood on the sand.

Happening, happening, happening.

Attention on the pain, attention on the blood.

Happening, happening, happening.

An impulse to clean, an impulse to heal.

Happening, happening, happening.

Sun, surf, sand, glass, blood and me.

Happening, happening, happening.

Nothing separate.

Only Fools And Horses (2017-01-05 06:21)



Cos where it all comes from is a mystery,
It's like the changin' of the seasons,
And the tides of the sea.

*-Theme from the BBC TV Series "Only Fools And Horses"
Written & Performed by John Sullivan - 1981*

<https://www.youtube.com/watch?v=SKAqmqVQ700>

Who Am I? (2017-01-05 06:32)

https://www.youtube.com/watch?v=p13D9f_5ovg

Throw Them Out (2017-01-05 07:19)



Throw out all thoughts.

Of becoming.

Discard them.

Ignore them.

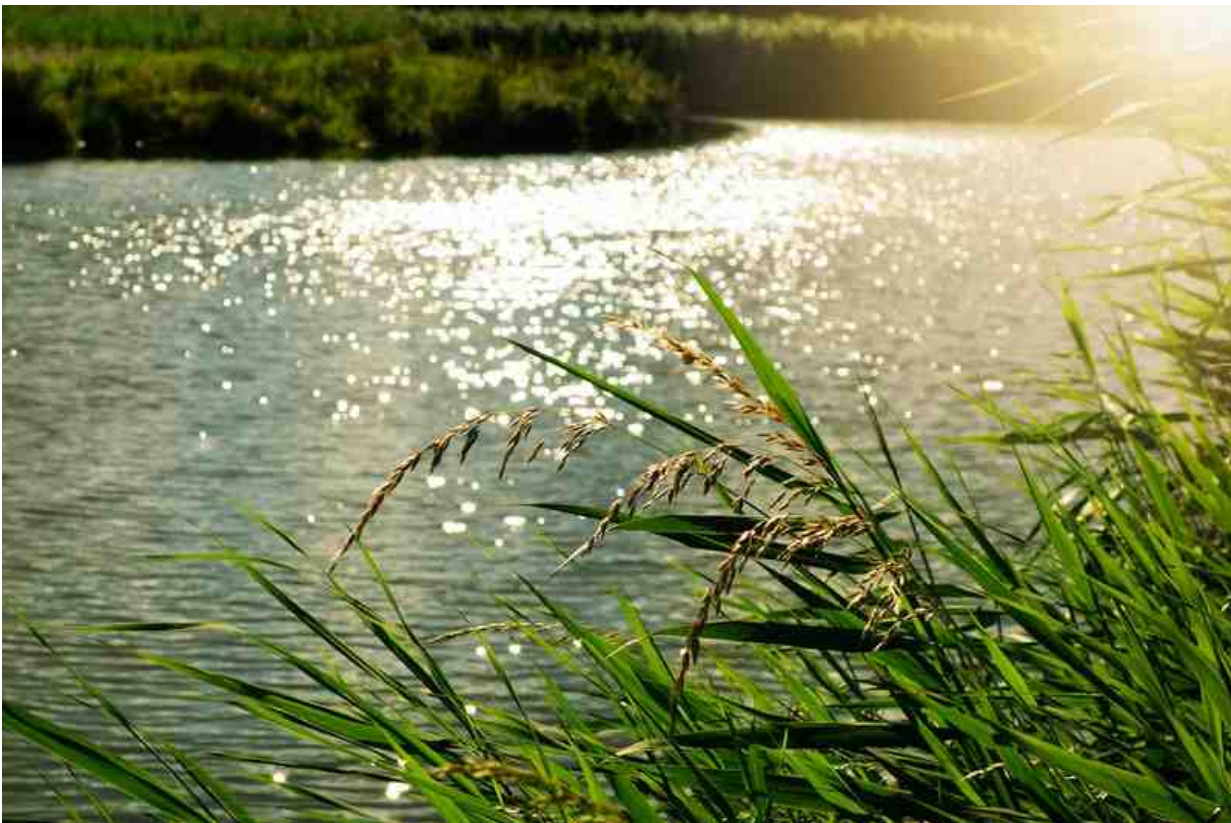
You are already IT.

IT is you.

IT is EVERYTHING.

Now.

The Treasure (2017-01-06 07:07)



You spent your time searching.

For a treasure.

When all the time.

You were the Treasure.

You are the Treasure.

Life is the Treasure.

This is the Treasure.

This.

Broken Puppet (2017-01-06 08:39)



The broken puppet.

Is God.

Sky Above (2017-01-06 09:27)



Sky above.

Great wind.

-Ryokan

Little Boat (2017-01-07 07:25)



I sit quietly in my little boat.

Oars relaxed in my hands.

Bobbing up and down gently.

As the sun drops behind the mountains.

I am carried on the waves.

Dark Clouds (2017-01-08 09:34)



Dark clouds.

Come rolling in.

Rain on the window.

Thoughts of sunnier days.

All That Is (2017-01-08 09:48)



Ultimate Reality.

Encompasses all that is.

Even.

Identification.

As a separate.

Independently existing.

Self.

When there isn't one.

One Thousand Stars (2017-01-09 10:16)



One thousand stars.

Overhead.

I awaken.

To fresh snow.

Life Happens (2017-01-10 06:44)



Sitting quietly.

Making no effort.

Life happens.

All by itself.

This Song (2017-01-10 07:06)



This.

Is one Song.

The melody can be heard.

In the tap tap of raindrops on the gutter.

In the wind whistling down the back alley.

In the beeping of the garbage truck as it reverses.

And in the beating of your heart.

Belong (2017-01-11 12:50)



Everything that is.

Belongs.

Its very existence.

Is its validity.

Five Minutes (2017-01-12 15:10)



Do you know.

What is going to happen.

In the next five minutes?

Everything is happening.

Spontaneously.

Now.

Force Majeure (2017-01-13 09:35)



Force majeure.

That Feeling (2017-01-14 17:44)



That feeling.

Making itself obvious.

Right now.

Is an expression of Life.

It's happening by itself.

With nobody making it happen.

Grain Of Sand (2017-01-15 10:11)



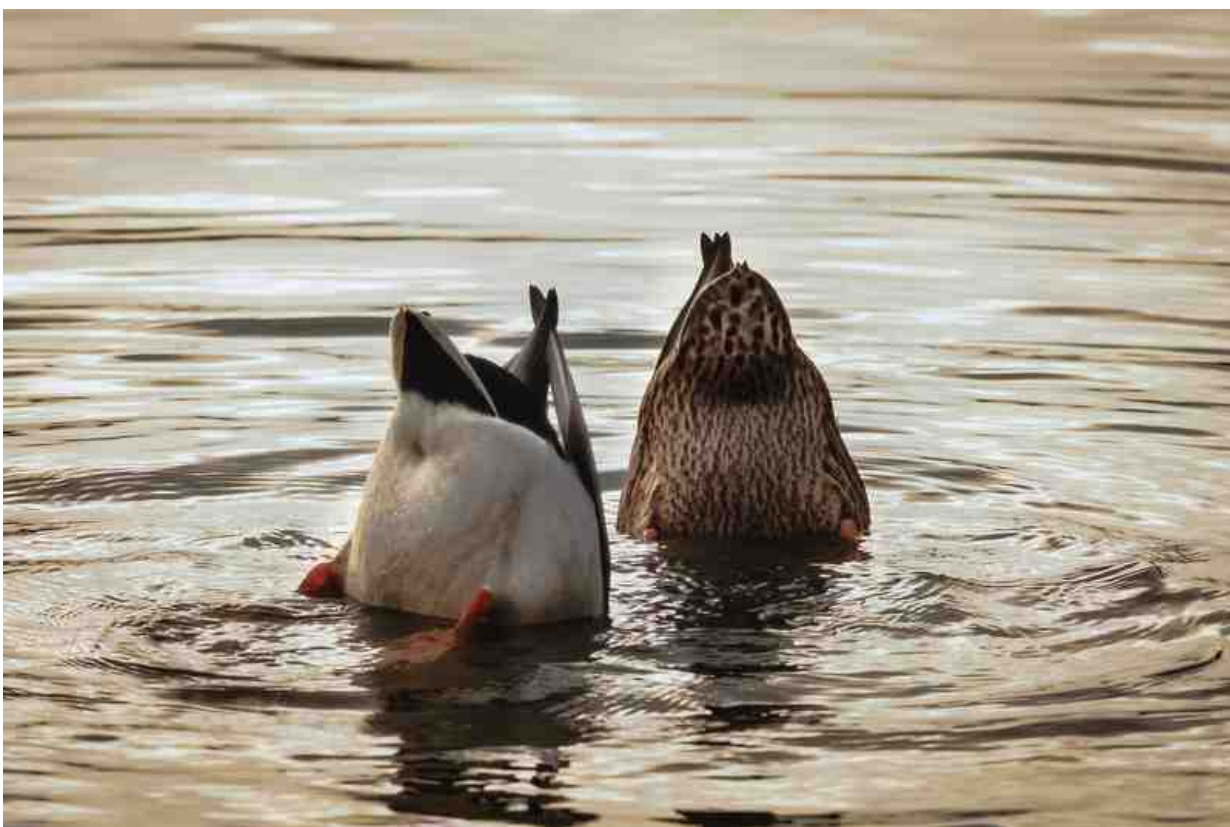
A single grain of sand.

Is not worth less.

Than anything else in existence.

Just because it IS.

Ultimate Intelligence (2017-01-16 09:17)



Sometimes.

The Ultimate Intelligence.

Of the Universe.

Appears to do some really stupid things.

But it never does.

The Enemy (2017-01-17 10:37)



Nothing is the enemy.

Everything is Life happening.

Effortlessly (2017-01-18 14:49)



Snowflakes.

Falling.

Effortlessly.

Greatness (2017-01-19 05:56)



You don't have to be great.

Because Greatness is you.

Just be what you are.

Rest (2017-01-21 14:56)



Rest.

As whatever you are.

Whatever you appear to be.

Right now.

Knowing your intrinsic value.

Recognising your unconditional worth.

As an expression of Life itself.

Tears And Laughter (2017-01-23 07:44)



Tears and laughter.

Lost, broken and alone.

Connected, whole and full of joy.

This is Life.

All this is Life.

Happening.

There was never anything.

That needed to be changed.

And yet the changes happen.

All by themselves.

This is all taken care of.

All the tears.

And all the laughter.

Blackbird (2017-01-24 06:52)



Blackbird.

In the snow.

Searching for food.

This obvious simplicity.

Life Is Just Happening (2017-01-26 12:19)



Life is just happening.

The Womb (2017-01-28 16:22)



You are doing as much.

Of what is happening.

Right now.

As you were doing.

Growing in the womb.

This Story (2017-01-30 09:40)



You're not telling.

This Story.

2.2 February

Taking Responsibility (2017-02-01 11:57)



You are not responsible.

For what you are.

Or for what's happening.

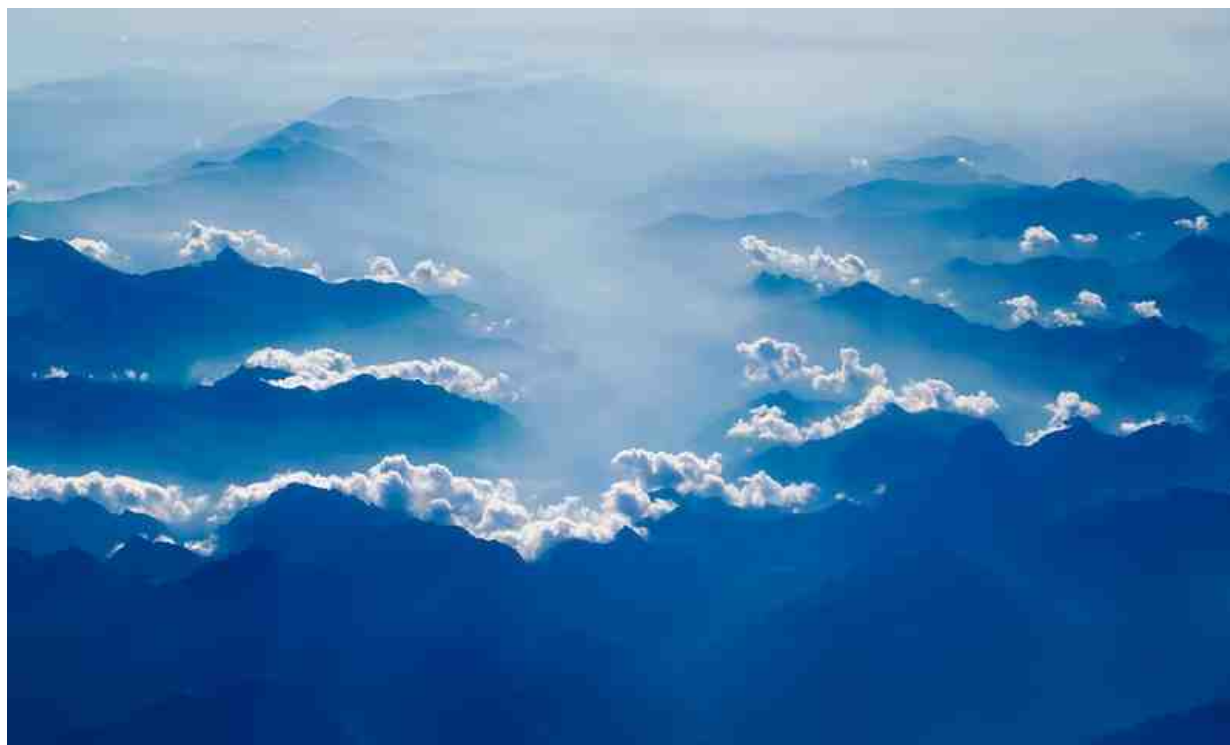
Man-made (2017-02-03 16:06)



Is man.

Man-made?

Saying Nothing (2017-02-05 11:27)



Saying nothing.

Always only This.

Created New (2017-02-06 11:51)



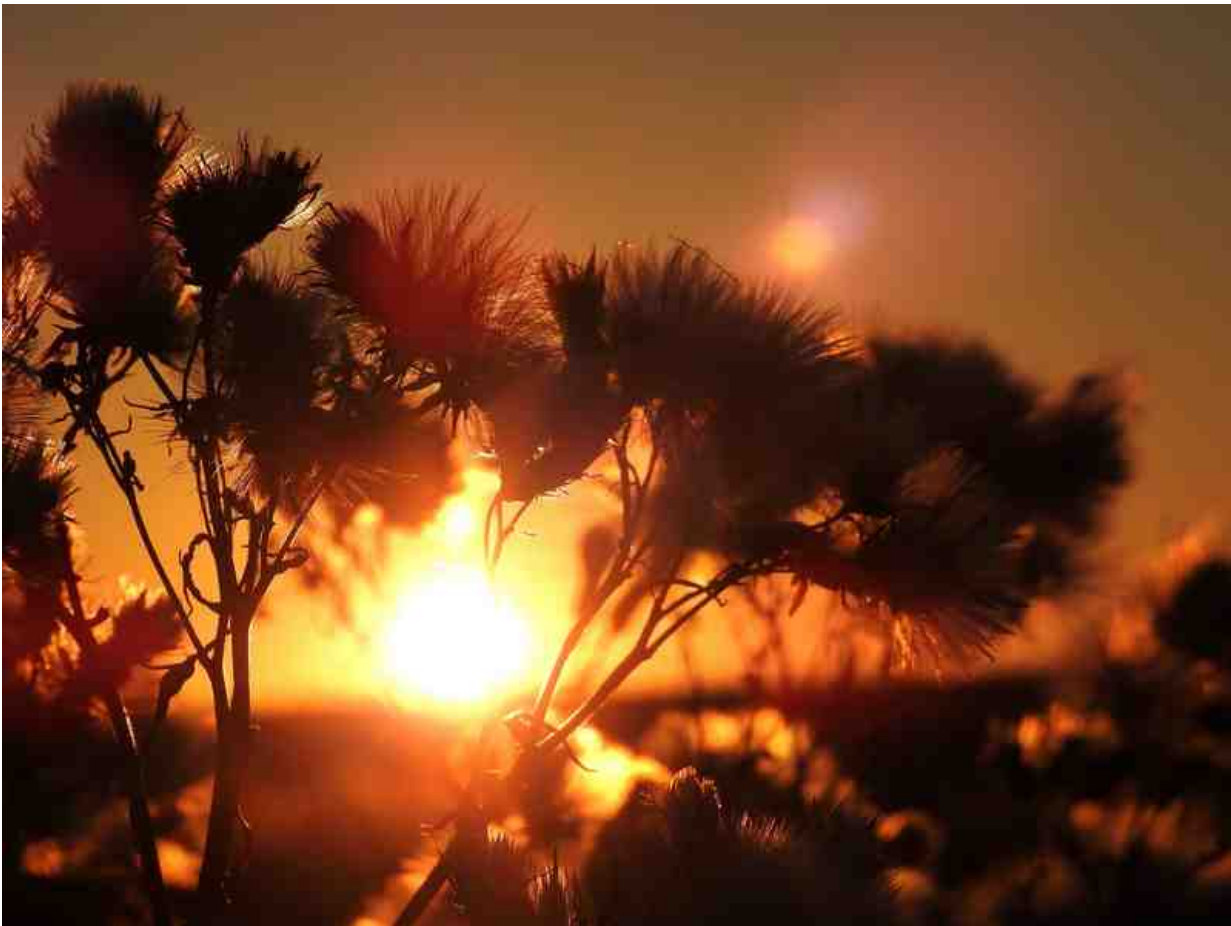
You are created new.

In every moment.

An ever fresh expression.

Of Divine Power.

Flowers Open (2017-02-08 08:27)



Flowers open.

Leaves uncurl.

Thoughts arise.

Actions happen.

Nothing Left (2017-02-10 16:40)



Nothing left to search for.

Nothing left to find.

But the happening of this moment.



Life is one happening.

This happening.

And everything is That.

Already.

Life Plays Out (2017-02-16 18:42)



The next impulse.

The next urge.

Life plays out.

The Process (2017-02-20 05:35)



The process.

The happening.

That you are.

Is out of your hands.

One (2017-02-22 17:09)



Nothing becomes One.

Everything is One.

One Hundred Billion (2017-02-22 17:32)



One hundred billion.

Brain cells.

Which one are you controlling?

Nobody Here (2017-02-23 10:21)



There's nobody here.

There's only Life.

Functioning.

Happening.

Never The Same Again (2017-02-24 16:06)



None of This.

Will ever be the same again.

Life Is Simple (2017-02-28 16:54)



Life is simple.

It's just happening.

All of It.

2.3 March

Nothing About You (2017-03-03 19:36)



There is nothing.

About you.

That you.

Are making happen.

You Are Perfect (2017-03-03 19:43)



Despite apparent imperfections.

You are perfect.

You are Life itself.

Life Functioning (2017-03-05 11:50)



You are Life, functioning.

Everything is.

This Human Body (2017-03-13 10:04)



This human body.

Is such a complicated happening.

How could you be making.

Any of it happen?

You don't know how.



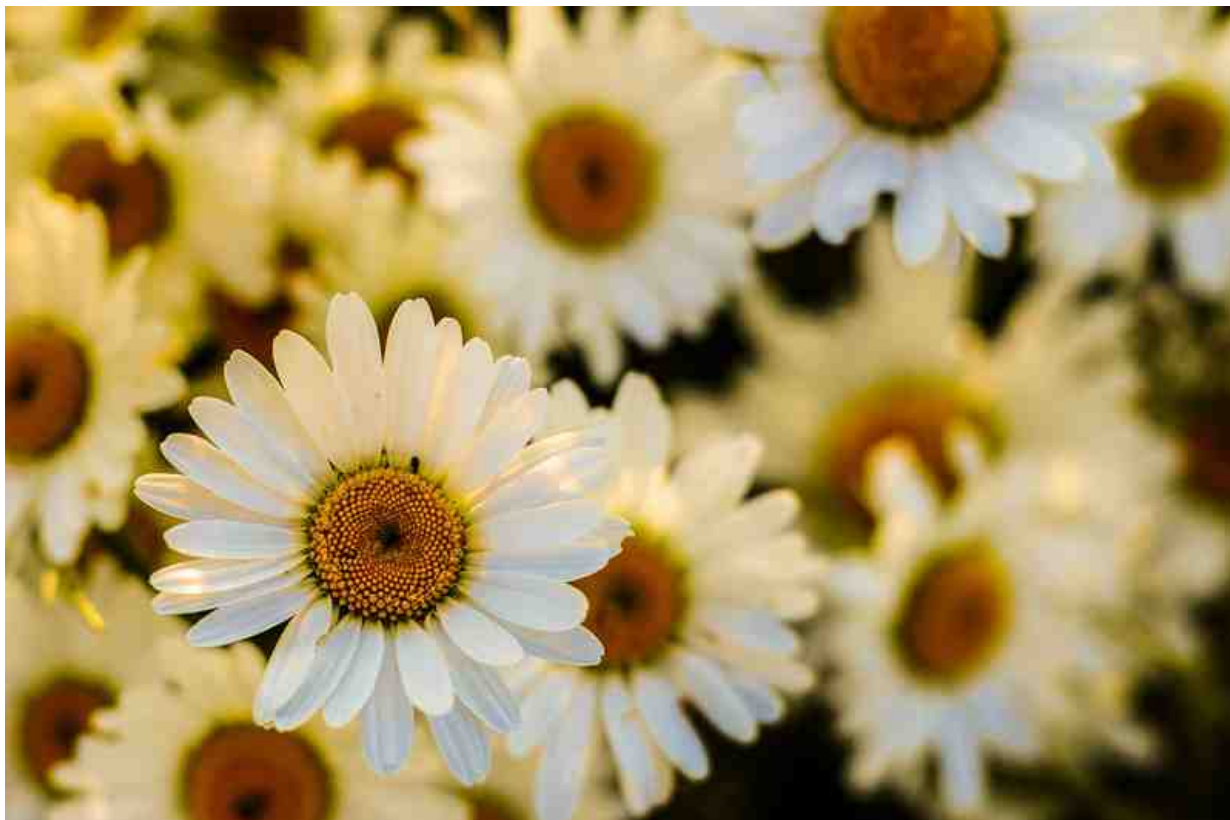
Life is.

And Life is functioning.

And that's it.

This is It.

Daisies (2017-03-23 10:30)



That patch of daisies over there.

Is the infinite intelligence of the universe.

Expressing.

And so are you.

Being Enlightened (2017-03-28 09:16)



It's not about being enlightened.

It's about being the expression.

That you are.

Whatever you are.

You are an expression of Life.

You are Life.

Expressing.

2.4 April

One Miracle (2017-04-12 09:11)



Life is one Miracle.

Happening now.

You are that Miracle.

-

<https://www.youtube.com/watch?v=mMRrCYPxD0I>

For Carina

Intelligence (2017-04-19 09:34)



The Intelligence.

In a rose.

In a snowflake.

In the Moon.

The Sun.

In each star in the night sky.

Is the same Intelligence.

That is in you.

Your body.

Your brain.

The same Intelligence.

In all that is.

Divine Force (2017-04-26 08:50)



Divine Force.

In All.

As All.

All that is.

<https://www.youtube.com/watch?v=BSmToj9VZ4s>

Freedom (2017-04-30 05:15)



Freedom doesn't need to be found.

Freedom is.

Boundlessness is.

Life is.

This is.

-

sarvam khalvidam brahma



Face Of God (2017-04-30 05:29)



Each and every face.

Is the face of God.

2.5 May

Nothing To Become (2017-05-02 05:41)



Nothing to become.

You are It.

It is You.

The Dirty Mirror (2017-05-02 05:58)



No matter.

How dirty the mirror.

This is the mirror.

This is the dirt.

In A Sip Of Coffee (2017-05-02 06:10)



Sense of cup against the lips.

A sip of coffee.

An explosion of flavour and aroma.

Happening.

No doer.

Pure Intelligence.

Functioning.

A Movement Of Nature (2017-05-05 06:15)



Everything.

That happens.

Is a functioning of Life.

An expression of Intelligence.

A movement of Nature.

Everything.

Who Done It? (2017-05-05 13:07)



1 cell.

2 cells.

4 cells.

8 cells.

Foetus.

Baby.

Child.

Adult.

Who done it?

It's Impossible (2017-05-08 07:07)



It's impossible.

To not be Life happening.



The delicate power.

Of The Absolute.

Doing Its Thing (2017-05-10 04:37)



It's all just Life.

Just This.

Doing its thing.



Life happening.

Is the Oneness.

Tat Tvam Asi (2017-05-10 05:03)



There's no need.

To be anything other than.

Whatever you are right now.

No need to be anything in particular.

No need to do anything in particular.

No need to think anything in particular.

No need to feel anything in particular.

This.

All This.

Happening right now.

Is It.

Is Life.

Exactly as it is.

Simply happening.

All by itself.

And you are That.

Tat Tvam Asi

Identification (2017-05-11 07:18)



Identification.

As a separate.

Independently existing.

Self.

Is not being done by anybody.

It simply happens.

It's Life happening.

Just like everything else.

Everything.

The Heart of Conscious Living (2017-05-11 11:31:52)

Yes. Having the experience of being an apparently separate self is not "our" doing and it is not "our" fault that this happens. it happens as naturally and spontaneously as everything else.

Adam T. (2017-05-11 11:50:27)

Absolutely :)

For Just A Heartbeat (2017-05-12 07:12)



May all thoughts.

Ideas.

Beliefs.

And expectations.

Of what should be.

Fall away.

For just a heartbeat.

Leaving This.

This Moment.

This Reality.

This Existence.

This Life.

Including everything.

Just as it is.

Happening all by itself.

Shining in all of its glory.

As it always was.

And always will be.

No matter what.

-

"What is there when there is no thinking?"

-Darryl Bailey

[1]www.darrylbailey.net

1. <http://www.darrylbailey.net/>

You Are That (2017-05-12 08:17)



Whether you're Trump.

Or Buddha.

Or Hitler.

Or Jesus.

A tree.

A rock.

A dog.

Or a cat.

You are That.

Unconditional (2017-05-15 05:20)



All encompassing.

All inclusive.

Unconditional.

Life happening.

Being Divine (2017-05-15 06:30)



The human organism.

Is the divine expression.

Being human.

Is.

Being divine.

Dawn Chorus (2017-05-16 05:26)



Dawn chorus.

Happening.

Hearing.

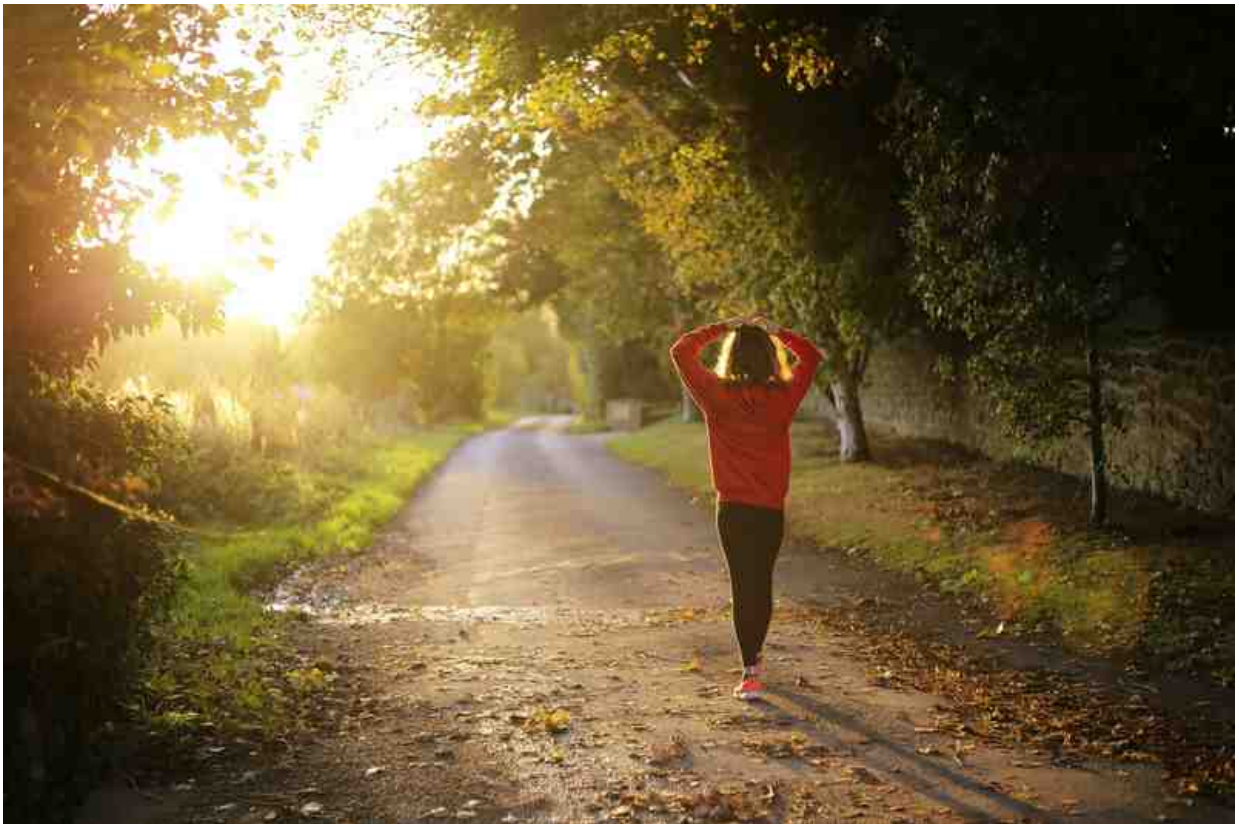
Happening.

Not separate.

Never separate.

https://www.youtube.com/watch?v=r6_LYldYxz4

Merging (2017-05-17 05:59)



How could you ever be separate from That which you are?

It's not about merging with Life or God or Existence or Consciousness or whatever.

It's not about becoming one with anything.

Because you were never separate.

You are That.

There is only That.

Only This.

The Great Expression (2017-05-17 06:11)



This is The Great Expression.

And you are being expressed within This.

Not separate from This.

The Great Expression.

Simple Undeniable Facts (2017-05-17 06:56)



Simple undeniable facts:

1. You exist.

2. You are not making yourself exist.

The Heart of Conscious Living (2017-05-17 10:49:52)
This seems so blatantly obvious that it seems everyone would notice.

Adam T. (2017-05-17 11:19:12)
Hahaha I know! It's amazing how this gets overlooked isn't it!

Whatever The Weather (2017-05-24 05:40)



You don't make the weather happen.

And you don't make you happen.



There are donkeys and chipmunks and chimpanzees too.

All dancing together.

In the light of The Moon.

There are pandas and rabbits and kangaroos too.

All dancing together.

In the light of The Moon.

There are cheetahs and gophers and gorillas too.

All dancing together.

In the light of The Moon.

Whatever you are and whatever you do.

We're all dancing together.

In the light of The Moon.

All dancing together.

In the light of The Moon.

<https://www.youtube.com/watch?v=0yBnIUX0QAE>



Do you have control over electrochemical reactions happening in your brain?

Are you making them happen?

Hitler (2017-05-24 07:28)



Hitler didn't make himself exist.

Hitler didn't make himself happen.

Rainbow (2017-05-25 06:02)



You're beautiful.

Like a rainbow.

<https://www.youtube.com/watch?v=pUVcULOQPqc>

Dust (2017-05-25 06:36)



So dust is made of the same "stuff" as you are.

What's stopping you from turning into a pile of dust?

You?

<https://www.youtube.com/watch?v=-cf-zysDfSk>

The Enlightened Seahorse (2017-05-25 07:09)



A seahorse.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

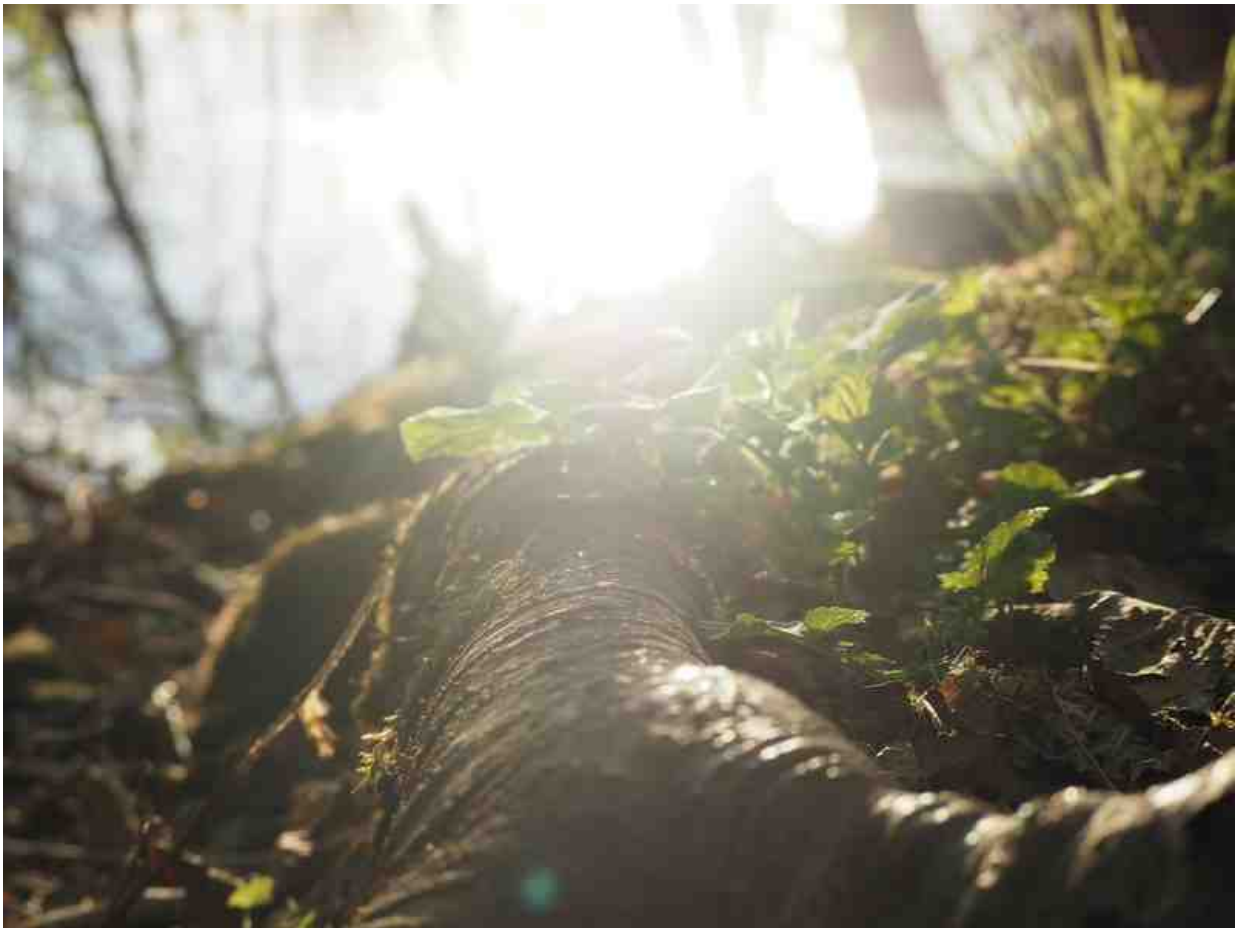
Being seahorse.

Doing seahorse.

And this is what you are.

What everything is.

Forest (2017-05-27 05:15)



I stand in the forest.

Surrounded by Nature.

Life all around me.

Absorbed in The Happening.

The smell of damp earth.

The sound of the wind in the trees.

A gentle rain touches my cheek.

A breath.

The Happening that I am.

The same Happening.

Beat Up Old Guitar (2017-05-27 05:23)



My beat up old guitar.

Stands in the corner.

The reason I don't bother to strum or pluck?

It's plugged in.

And sounds pretty good.

Just humming away.

All by itself.

<https://www.youtube.com/watch?v=D-5GnZYxl4M>

Master And Student (2017-05-28 05:52)



There is no real difference.

Between master and student.

Tree and river.

Nothing is closer to the Truth.

Nothing is further away.

All are included in What Is.

Everything is the expression of Life.

Exactly as it is.



Fear.

Excitement.

Panic.

Lust.

The divinity.

Of a pounding human heart.

Symphony (2017-05-29 06:07)



You are a Note.

In The Symphony Of The Universe.

The Music Of Existence.

Filling your entire Being.

-

How can a Note be separate from The Music?

<https://www.youtube.com/watch?v=gQ1EM5ujedo>

The Ever Changing (2017-05-30 06:07)



Breath in.

Breath out.

Thoughts come.

Thoughts go.

Sun shines.

Rain falls.

Clouds come.

Clouds go.

Identification happens.

Detachment happens.

Pain happens.

Joy happens.

Snow falls.

Ice melts.

Flowers bloom.

Flowers wilt.

Contraction.

Expansion.

Suffering happens.

Peace happens.

Breath in.

Breath out.

The Ever Changing.

Too Simple? (2017-05-31 04:51)



It's just THIS.

All THIS.

Happening by itself.

Too simple?

2.6 June

Levels (2017-06-01 04:48)



There are no levels in Life.

Just infinite variety of Expression.

Stars (2017-06-02 05:49)



When stars.

Touch your eyelids.

You know you're Home.

See (2017-06-03 15:05)



See that you don't make yourself happen.

See that nothing makes itself happen.

See that everything is a happening.

See that all there is, is This Happening.

Seamless.

Whole.

Complete.

Searching For Home (2017-06-04 09:58)



Busy searching for Home.

And you never left The House.

Nowhere To Get (2017-06-04 10:17)



There's nowhere to get.

There's no escaping THIS.

Tears In The Rain (2017-06-05 05:31)



Tears in the rain.

Where do these teardrops end.

And these raindrops begin?

-

For everyone involved in the terrible events in London. Everyone.

-

May all beings be peaceful.
May all beings be happy.
May all beings be safe.
May all beings awaken to
the light of their true nature.
May all beings be free.
- Metta Prayer

All Aboard The Wonkatania (2017-06-06 05:31)



"The Wonkatania was on a track in the chocolate river, but the actor playing the Oompa Loompa at the helm thought he was actually steering it. For the sake of believability, director Mel Stuart didn't tell him the truth."

Maybe we are like Oompa Loompas.

On boats.

On tracks.

The Heart of Conscious Living (2017-06-06 10:27:04)
Maybe???

Adam T. (2017-06-06 11:17:30)
LOL :D It came out like that for some reason. Maybe as an invitation to investigate, maybe ;)

The Heart of Conscious Living (2017-06-06 11:41:08)
Yes, always best to invite people to look, investigate and see for themselves! :-)

Adam T. (2017-06-06 11:54:54)
Definitely. It's an absolute must in my opinion. I'm sure you agree.

The Heart of Conscious Living (2017-06-06 12:04:11)
Yes! Otherwise it is just more belief and programming. What you write, your sutras, makes it easy for people to take a look and see for themselves. I love your writings! <3

Adam T. (2017-06-06 12:11:25)
<3

Embraced (2017-06-07 05:18)



Embraced.

Held.

Supported.

Loved.

Unconditionally.

Always.

It's Brahman (2017-06-09 07:29)



That's not a Tree.

It's Brahman.

That's not a Bird.

It's Brahman.

That's not a Flower.

It's Brahman.

That's not a Human Being.

It's Brahman.

Brahman alone is.



When I look out to sea.

I see waves.

Big beautiful waves.

Frothy white foam.

Crystal clear, sapphire coloured water.

When I look out to sea.

I see the ocean.

-

When I look at you.

I see you.

Beautiful you.

Sparkling eyes.

A gentle smile on soft, moist lips.

When I look at you.

I see Life.

-

For Carina.

Let's Dance (2017-06-16 05:14)



There's no me.

And there's no you.

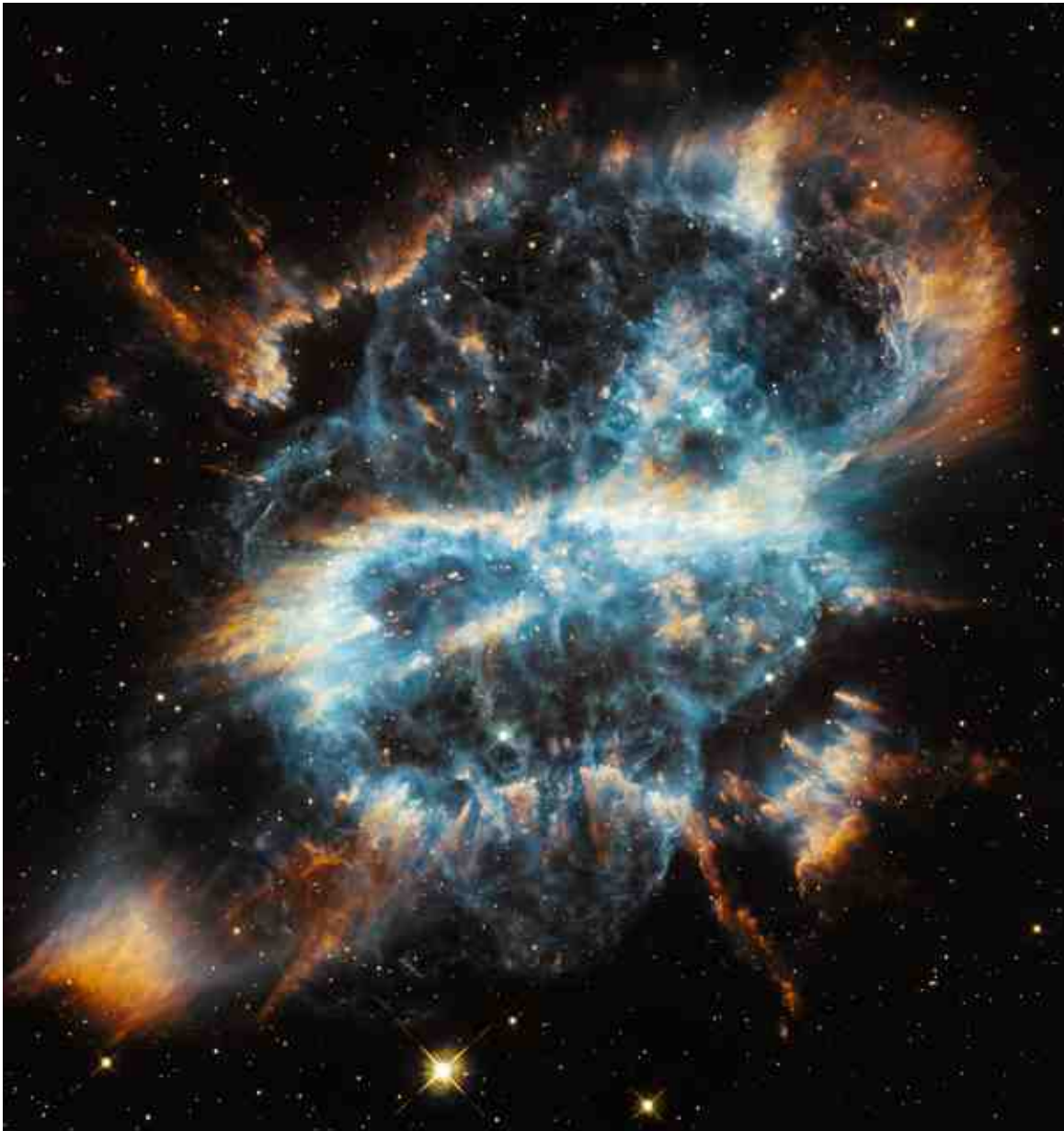
There's only Life happening.

So take my hand.

I'll pull you close.

And let's dance.

God's Name (2017-06-18 16:20)



I called God's name.

And there was Silence.

I called it again.

And the entire Universe answered.

Stay In Bed (2017-06-19 05:53)



Just stay in bed.

For a few more minutes.

And wait for the next impulse.

The next urge.

Where did it come from?

Who made it happen?

How did it happen?

The Heart of Conscious Living (2017-06-19 11:40:25)

YES! Deep sleep. There is nothingness and nobody. And then "I" am suddenly awake lying in bed because for some reason waking up happened. For all "I" know, "I" could have died during the night and waking up never happens. And that may very well happen some day. I just lie there. I wonder what will happen next and when. I drift off into thoughts about the day, Bonnie, my clients, things to be done... And the next thing I know I am up opening the curtains, or making the bed or putting on clothes. "I" don't do it. It just happens. This happens every morning. It is amazing as it gets the day off with the realization and experience that "I" am not doing anything. Everything just happens. This is an experiment that happens every morning. "I" don't have to do any thing. I just lie here. And then "IT, " whatever IT is, gets me out of bed and going. And the next thing I know I am writing comments on Who Grows The Grass. I didn't see this coming in all of my morning ruminations! :-)

Adam T. (2017-06-19 13:22:28)

I love this Tom and the final sentence is a perfect ending to it! <3

You Are (2017-06-19 06:22)



You are like that first ray of sunlight.

You are like the stars piercing the night sky.

You are like The Moon rising above the desert.

You are like the wind through the old trees.

Of the ancient forest.

You are so loved.

Loved beyond your wildest imagination.

You are.

What Is (2017-06-20 08:33)



What Is.

In all of its wonderful and terrible.

What Isness.

Quiet Mind (2017-06-20 08:48)



Quiet mind.

Noisy mind.

Mind.

Life.

Summer Sun (2017-06-21 06:58)



You are.

Summer Sun.

You are.

Autumn Wind.

You are.

Winter Snow.

You are.

Spring Rain.

You are.

The Stream (2017-06-21 07:33)



The stream.

Doesn't hurry.

Doesn't stress.

Doesn't have to decide.

Which direction to flow.

Its destination was known.

From the very beginning.

And one day.

It is sure to arrive.

Did Anyone Ever? (2017-06-22 04:43)



Did anyone ever.

Tell The Wind how to blow?

Tell The Sun how to shine?

Tell The Grass how to grow?

Who grows the grass?

The Edge (2017-06-27 04:51)



Where is the edge.

Of the Isness.

Of This Moment?

The Desert Of Infinity (2017-06-28 06:54)



A Mirage.

In The Desert Of Infinity.

Only The Desert.

Look at the Water sparkle.

In the Evening Sun.

Water And Fire (2017-06-29 07:12)



Take my hand.

Walk with me into the Water.

And become Water.

Take my hand.

Walk with me into the Fire.

And become Fire.

But wait.

You are Water.

You are Fire.

You are This.

There is only This.

I will walk with You.

Everything (2017-06-29 07:26)



It's not something that's hidden.

Not something that needs to be searched for.

Or found.

It's not something you need to become.

Or something you're not already.

It's Everything.

Divine Alchemy (2017-06-30 06:42)



Divine Alchemy.

Is the transmutation.

Of everything imaginable.

Into The Divine.

But it is only an apparent transmutation.

And nothing really need be done.

As it is already the case.

Divinity is all there is.

You are Divine.

What Choice? (2017-06-30 07:24)



What choice was there to wake up this morning?

What choice was there to need the toilet?

What choice was there to feel hungry or thirsty?

What choice was there to breathe?

What choice was there for the heart to beat?

What choice was there for the hair or the nails to grow?

What choice was there to exist?

2.7 July

This Infinite (2017-07-10 05:40)



This Infinite.

Expanse.

Isness.

Happening.

Beingness.

Existence.

What Is.

Presentation.

Aliveness.

It doesn't matter what you call This.

It's just This.

This Expression.

Expressing itself.

This Happening.

Happening by itself.

This Existence.

Existing.

Existing.

Existing.

This Infinite.

My Religion (2017-07-16 07:53)



Curled up in bed.

Coffee machine buzzes and whirrs.

Spoons clank.

Church bells ringing.

The happening of this moment.

This is my religion.

Brahman Alone (2017-07-16 08:35)



Brahman alone.

Appearing as all This.

Brahman is Life Happening.

You are Life Happening.

Brahman is You.

Brahman alone.

Brahman Is This Body (2017-07-16 08:43)



Brahman is this Body.

Brahman is this Mind.

Brahman is this Sense Of Me.

There is no Body.

There is no Mind.

There is no Sense of Me.

Brahman alone is.

And then you feel really really horny.

Notions In The Ocean (2017-07-20 05:55)

Notions of so called egos falling away, shifts of identity, becoming enlightened or awakened are the "problem". All that bullshit assumes that there is something wrong with What Is. And there isn't. Life expresses itself in and as This one great dance of Everything. In all variations. All appearances are Life itself, no matter how they appear. Even so called enlightenment could only ever be just another appearance in This. How could it be any other way? Life is all there is. Just This.

There is no difference between a so called enlightened master and a goldfish.

You are the Buddha.

You are Life itself.

Now.

<https://www.youtube.com/watch?v=b7BEAsyPgHM>

Breath Of The Clouds (2017-07-25 06:08)



Who was breathing through the night?

Who was beating the heart?

Who is doing it now?

How is it happening?

The beating heart is not separate from the moving clouds.

They are one happening.

Life happening.

This.



Here's a possible interpretation of SAT-CHIT-ANANDA.

SAT is Existence.

CHIT is Divine Consciousness.

ANANDA is Divine Energy.

A Divine Trinity, just like the Christian Trinity.

SAT is THE FATHER is EXISTENCE.

CHIT is DIVINE CONSCIOUSNESS is THE HOLY SPIRIT.

ANANDA is DIVINE ENERGY is THE SON.

All that's important is that the Trinity is not three separate "things".

But one unified Whole or Totality.

Described simply as Life Happening.

Or even more simply.....

.....just THIS.

The amazing Reality of a very ordinary Life.



Just a bit of fun :)

Existence was bored one day, just hanging out, being Existence.

So Existence decided It wanted to have some Divine Entertainment.

Since It can be and do anything, It decided to make Its own Divine Entertainment.

All It needed was something to look and something to look at.

So Existence decided to express Itself as all This.

The Kingdom Of God (2017-07-26 05:44)



Don't throw out the Human Expression of The Divine.

It's one of God's most precious Tools.

Nothing but Life itself.

It's through the Human Expression that Life recognises itself as Life.

Humanity and Divinity were never separate.

They are one and the same.

All Life is Sacred.

It is Life itself, God itself, Existence, The Divine, The Absolute.

Appearing in and as all of these Forms.

All This is The Divine Expression.

This is The Kingdom Of God.

The Heart of Conscious Living (2017-07-26 11:00:01)

Baba Muktananda said, "God dwells within you as you." This statement is a powerful koan, worthy of deep contemplation. It can trigger a deep and transformative kensho. I know of what I speak.

Adam T. (2017-07-26 13:09:06)
<3

See It Now (2017-07-26 06:00)



See it now.

Right now.

The undeniable fact.

That nothing makes itself exist.

Nothing makes itself happen.

This is Existence.

This is Life Happening.

This is it.

A Spoon Of Ice Cream (2017-07-27 06:21)



A Sip of Coffee.

A Spoon of Ice Cream.

Sensation of temperature, of texture, of consistency.

Flavours and Aromas are detected and analysed.

All of This happening by itself.

Nobody doing it.

This is the Intelligence of Life.

Right Here and right Now.

In a Spoon of Ice Cream.

Dance Of The Universe (2017-07-28 06:04)



The very Energy moving in and as the Body.

Is the Infinite Energy of The Universe.

The very Consciousness.

Aware of the Energy moving in and as the Body.

Is the Infinite Consciousness of The Universe.

They are not two.

They dance together.

United.

In This Dance Of Life.

This Dance Of The Universe.

Just This.

All Inclusive.

All Encompassing.

Now.

Rain Or Shine (2017-07-30 15:59)



Thoughts, feelings, moods.

Are like the weather.

Arising, happening, changing.

All by themselves.

With nobody doing it.

Thoughts, feelings, moods.

Do not exist separately.

From the weather.

It's all Life happening.

All of It.

The Entirety (2017-07-31 06:11)



The Entirety.

Of Life Happening.

Held, supported and loved.

Unconditionally.

In This Moment.

Darkest Shadows (2017-07-31 06:24)



There isn't a single.

Shadowy, seedy, corrupt, dark, sleazy, unpleasant.

Corner.

Anywhere.

That isn't full.

Of Life Happening.

Even the Darkest Shadows.

Are full of Brilliant Light.

2.8 August

Perfect Presence (2017-08-01 05:26)



The Perfect Presence.

Of This Moment.

Everything appearing.

Everything included.

Exactly as it is.

The Perfect Presence.

Of The Infinite.

Got Milk? (2017-08-08 12:24)



This is a bizarre Dance.

Of Infinite Conscious Energy.

But You still have to wash your Car.

Walk the Dog.

Pay your Tax.

And go shopping for Milk.

This Is Home (2017-08-09 07:12)



Life Itself.

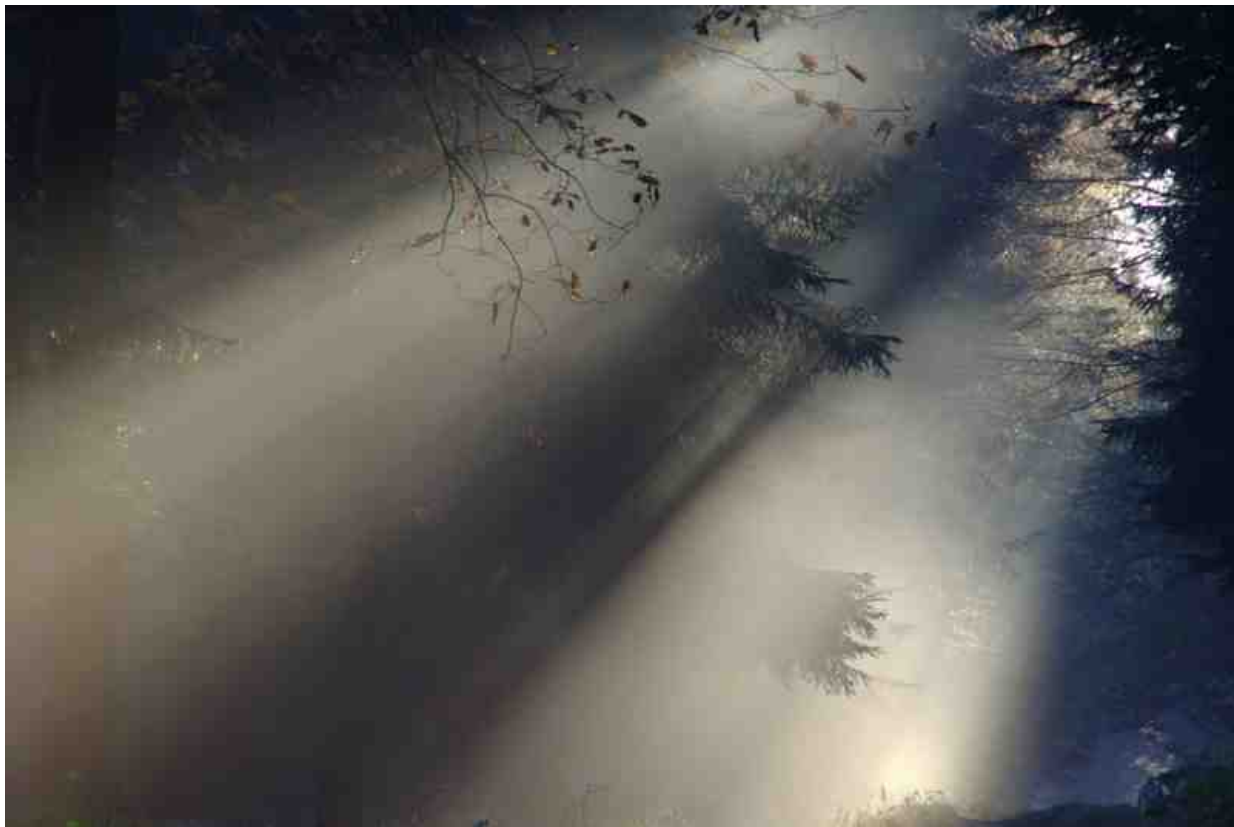
Is The Home.

That doesn't need to be returned to.

Because Life Itself.

Is The Home that was never left.

Mist (2017-08-10 05:44)



Mist.

Seems to arise from Nowhere.

Stays around for a while.

Shifting.

Dancing.

Ephemeral.

Fleeting.

Like these Thoughts.

Like Everything.



There is not.

And never was.

A separate self.

With any personal power.

No independently existing person.

No thinker of Thoughts.

No feeler of Feelings.

No owner of The Body.

The Sense Of Separate Self.

Is just a Sense.

A Functioning.

A Happening.

A Sense does not and cannot do anything.

There is only The Self.

Life Itself.

The Totality.

The All Inclusive Happening.

Of This Moment.

Being and Doing.

Everything.

pRODIGAL1 (2017-08-14 15:37:56)
SELF There is in REALITY only ONE SELF

Adam T. (2017-08-15 04:40:57)
Yes and THIS is it :)

Life's Song (2017-08-14 05:40)



Each Heartbeat.

A Rythm.

Every Breath.

A Note.

Each Thought.

A Melody.

Every Feeling.

A Chord.

In and as.

Life's Song.



Body.

Consciousness.

World.

Inside.

Outside.

One Happening.

Life Happening.

Existence.

THIS.

The Flow Of Life (2017-08-17 13:30)



You don't need to go with The Flow.

It's impossible not to.

This is going with The Flow.

Right Now.

No matter what.

You are The Flow.

Everything is.

The Flow Of Life.

The Heart of Conscious Living (2017-08-17 15:23:34)
So true... there is only the flow

Adam T. (2017-08-17 15:28:25)
:)

Flames (2017-08-17 13:34)



We dance.

Like Flames.

Not separate from The Fire.

Big Flames.

Little Flames.

Bright Flames.

Dark Flames.

We dance.

Like Flames.

Not separate from The Fire.

There is only The Fire.

Burning.

Burning.

Burning.

Adam T. (2017-08-17 15:31:33)
Perfect! LOL :)

The Totality Of Life (2017-08-18 15:06)



The totality of Life is the functioning of an unfathomable intelligence. This entire Universe of galaxies, stars and planets, right down to each and every atom.

The Sun shining, The Earth revolving and orbiting The Sun. Water flowing, trees growing and flowers blooming. Birds flying, collecting twigs to build nests. Spiders spinning webs and catching flies. Horses galloping through the wide open countryside, whales swimming through the wide open ocean and each and every human being and whatever they seem to be doing.

Each and every human being is the same functioning. The human body in its entirety is an incredibly complex expression of this unfathomable intelligence. Each thought, each feeling, every impulse and urge is simply a happening, a functioning. Every choice, every decision, every action is an expression of Life. There is no individual doer, no separate self. Even the sense of being a doer or a separate self is the functioning of this unfathomable intelligence.

From the smallest to the greatest, there is nothing that stands apart from this functioning of the totality of Life. It is all there is. Right now. Just this one great functioning. This happening called Life.

Just this, as it is, in this moment.

Sky (2017-08-19 13:04)



Clouds moving.

Lit up by The Sun.

Colours and Shapes.

-

The Happening.

Of the Sky.

And the Happening.

That You are.

Are the same Happening.

-

There are not two Happenings.

There is only Life happening.

Everything Happens (2017-08-21 10:29)



Everything happens.

Like the Sunrise.

Everything happens.

Like the Rain.

Everything happens.

Like a Bird flying across the Sky.

Everything happens.

Like the next Thought.

Everything happens.

Differences (2017-08-21 10:31)



There is no better or worse.

There are only differences.

And those differences.

Are only apparent differences.

The Heart of Conscious Living (2017-08-21 10:42:24)
Everything is different but not separate, like our fingers on our hand.

Adam T. (2017-08-21 10:45:18)
Nice one Tom! :)

No Matter How Deep (2017-08-21 10:42)



No matter how deep.

The pain.

No matter how deep.

The identification.

No matter how deep.

The suffering.

There is never anything other than This.

Never anything other than Life happening.

No separation.

And nobody making any of it happen.

Ever.

And It Happens (2017-08-25 05:08)



Traffic in the distance.

Computer whirring.

Fresh morning breeze.

Through the open window.

The knowing of all This.

And it happens.

And it happens.

And it happens.

The Totality (2017-08-26 10:53)



This very experience.

Right now.

No matter what it is.

Is happening within the Totality.

Is an expression of the Totality.

Is in no way separate from the Totality.

This very experience.

Right now.

Is the Totality.

Blooming Beauty (2017-08-31 06:24)



To bloom.

Or not to bloom.

What choice does a Flower have?

Whether blooming.

Or not blooming.

Always a Flower.

Always Life expressing.

Beauty.

Pure Beauty.

The same Beauty.

That You are.

2.9 September

Forever (2017-09-01 06:00)



Infinite Configurations.

Of only ever This.

Forever.

Wholeness (2017-09-01 06:54)



This is all inclusive.

This is Everything.

This is Wholeness.

Cloud And Ocean (2017-09-06 05:26)



A cloud.

Takes the form of a dog.

A bird.

A castle.

A dinosaur.

But it's never not a cloud.

Ever.

Nothing is happening.

You could say.

Nothing ever happened.

You could say.

But there are the forms.

Look.

A fish.

A camel.

A Ferrari!

Donald Trump!

-

Waves.

Rising on the ocean.

Crashing on the shore.

Surfers gliding.

Children playing.

But the waves are never not ocean.

Ever.

The waves don't exist.

You could say.

There is only ocean.

You could say.

But there are the waves.

The foam.

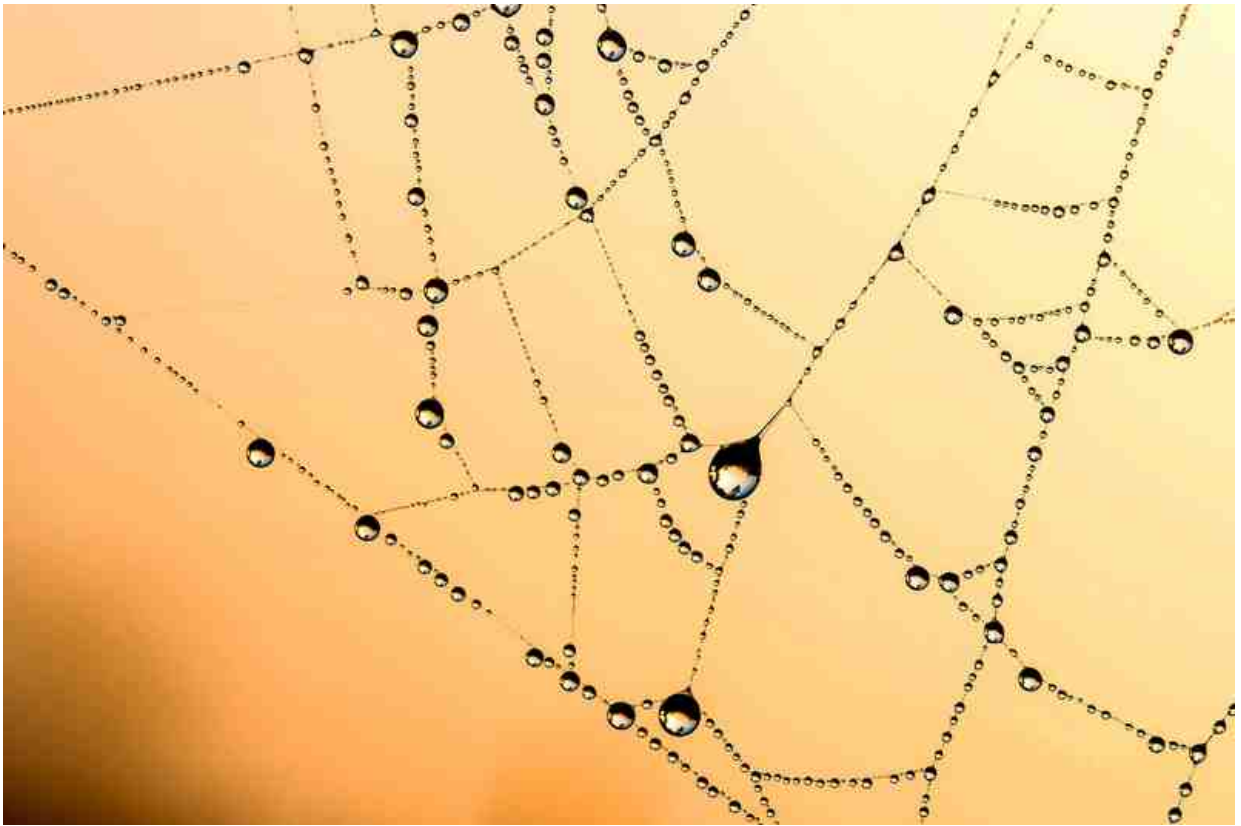
The bubbles.

And the setting Sun.

Glistening on it all.

Equally.

Net Of Jewels (2017-09-12 05:38)



This infinite Net.

Of beautiful Jewels.

United by Love.

In Love.

Each one an Expression of Love.

Each one shining.

As brightly as the other.

Reflecting each other.

Reflecting All.

Everything Speaks (2017-09-15 05:05)



Staying quiet.

Just listening.

Everything speaks.

Seamless Happening (2017-09-18 05:24)



Life is One.

All inclusive.

Seamless.

Happening.

Happening by Itself.



Everything.

In This Moment.

Is the Natural Expression.

Of Life.

We Are That (2017-09-21 05:50)



We are That.

-

Words cannot separate.

That.

Which is inseparable.

-

We are That.

Dandelion Seeds (2017-09-22 15:24)



Thoughts and Feelings.

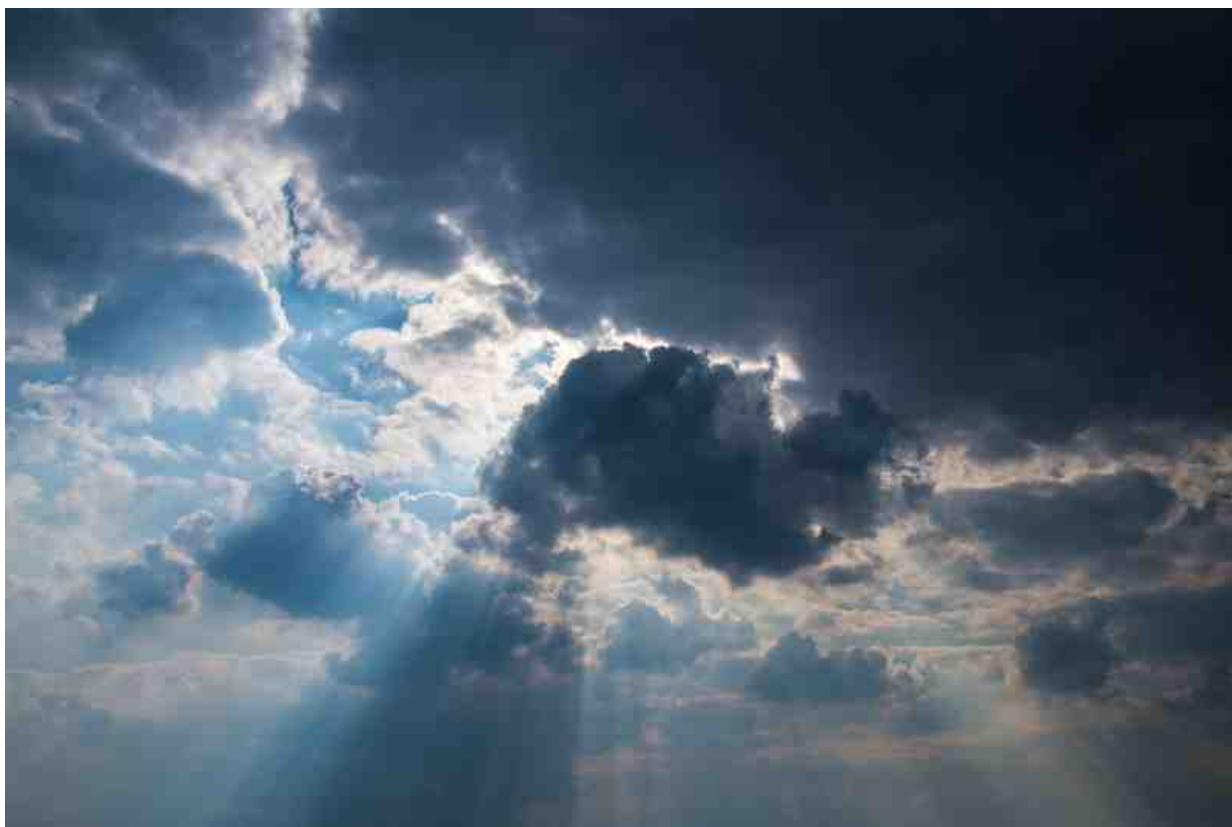
Just floating around.

All by themselves.

Like Dandelion Seeds.

On a warm Summer Evening.

Always Shining (2017-09-23 07:48)



Even when the Sky.

Is grey and dark.

The Sun.

Is always shining.

Life Force (2017-09-25 06:14)



This.

Unified.

Life Force.

Expressing Itself.

As Everything.

In This Moment.

Mountain Stream (2017-09-28 05:38)



The Energy of Life.

Expressing as Everything.

Flowing freely.

Like a Mountain Stream.

-

Nothing changing.

Nothing staying the same.

2.10 October

Nothing But The Ocean (2017-10-03 05:43)



The Drop.

Tries.

The Drop.

Waits.

To become The Ocean.

When it already.

Is.

And always.

Was.

The Ocean.

Nothing but.

The Ocean.

There Is Nobody (2017-10-04 04:49)



There is nobody.

Living their life.

There is.

Life happening.

Eyelash (2017-10-10 06:21)



The infinite.

Isness.

Of the entire Universe.

Is the same.

Isness.

As that eyelash.

Upon your cheek.

Your blinking eyes.

Are not separate.

From the rays of sunlight.

Shining through the clouds.

Not separate.

From God.

Flowers By The Stream (2017-10-30 15:40)



Flowers by the stream.

Doing nothing to be.

Happening.

Happening.

Happening.

2.11 November

It's Strange (2017-11-01 06:05)



It's strange.

To be talking about.

Success and failure.

Right and wrong.

Pleasure and pain.

Good and bad.

Peace and suffering.

Enlightened and unenlightened.

When it's all just Life happening.

Life happening.

This happening.

This.

Winter Draws In (2017-11-10 15:52)



Days grow shorter.

Nights grow longer.

Winter draws in.

All by itself.

No Place To Get To (2017-11-11 08:57)



There is.

No place.

To get to.

You are here.

Here right now.

Already.

A happening.

Within this greater happening.

This infinite happening.

Happening right here.

Right now.

In this moment.

Undivided Existence (2017-11-14 13:42)



Undivided.

Existence.

Expressing.



There is Truth.

Right here.

Right now.

That's not an idea.

That's not a concept.

That's impossible to overlook.

Just This.

Only This.

2.12 December

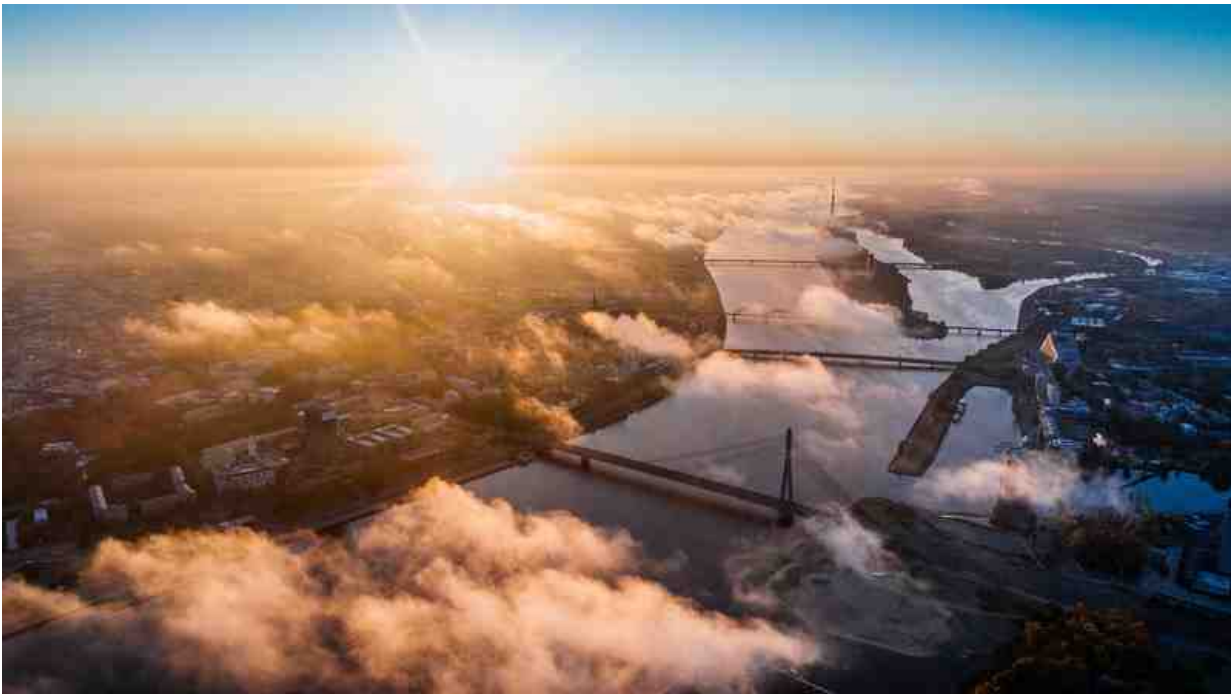
Full Of Everything (2017-12-01 15:59)



This Moment.

Full of Everything.

Already It (2017-12-14 05:36)



This moment.

As it is.

Is already it.

Snowflake and Flame (2017-12-14 05:54)



There is already.

Complete surrender.

To whatever is expressing itself.

In this moment.

-

Both surrender and resistance.

Have the same source.

Are born from the same womb.

Just as all that is.

-

Must the snowflake surrender to the flame?

This is Love (2017-12-19 10:37)



This is Love.

This Moment.

This all inclusive Everything.

Pure Unconditional Love.

Expressing through, in and as.

All That Is.



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